



## Year 8 Basketball: Lesson 4 – Defending

### Big Question

How can we demonstrate defending techniques and skills in Basketball?

### Warm Up

Warming up is important in dynamic sports such as Basketball. Watch this youtube clip and copy some of the activities to complete your warm up.  
<https://www.youtube.com/watch?v=KzEF-E80W0A>



### Defending

Defensive technique is really important in basketball as it means that you can stop your opponents scoring. The way you stand is vital to successful defending. Watch the video clip to see the importance of the stance. .

<https://www.breakthroughbasketball.com/defense/stance.html>



The practices below could be done at the park or in your own garden. Team up with a family or friends to complete these if you can, but remember to socially distance if you are meeting up with a friend. All you will need is some objects to use as marker cones and a ball (if you haven't got a basketball any other soft ball that will bounce reasonably well will do!)

#### Activity 1 – Individual agility drill

Set up the course shown in the video and try and perform the skills and movements accurately and under control.

<https://www.youtube.com/watch?v=sJa8d94WCAs>



#### *Increase the challenge*

Ask a friend or member of the family to video you performing the drill to you can look back and see whether your movements are accurate and balance is being maintained.

#### Activity 2 – 1v1 tracking.

Find a suitable partner, who could be a friend or member of the family. Practice the movement skills that are demonstrated in the video.

<https://www.youtube.com/watch?v=Px7JTbxBfZY>



If you haven't got a partner you could just work on repeating the agile movements needed.

#### Activity 3 – 1 v 1 game

Now challenge a friend or a member of the family to a 1 v 1 game. You don't need a hoop, the 'basket' could be a mark on a wall or a branch of a tree.

Play up to 5 Baskets. If you have another friend then you can rotate and even ask them to film you defending to pick out areas that you can still improve.